

Carbohydrate Counter for Infants and Toddlers

You will need to learn how to understand nutrition information panels to count the carbohydrate in your infant or child's foods.

How to count carbohydrates

Estimating or counting carbohydrate involves 3 steps:

Step 1. Measure or weigh the amount of food or drink you will consume.

Use standard household measures such as measuring cups, spoons and scales.

Step 2. Check the nutrition information panel or carbohydrate counter reference guide for the carbohydrate content of the food.

Step 3. Calculate the amount of carbohydrate based on the amount of food or drink you will consume.

Carbohydrate counting tips

- Round carbohydrate grams to the nearest whole number.
- If unsure of carbohydrate content, always be cautious and aim to under-estimate the amount to reduce the risk of hypoglycaemia.
- Once you are confident with common measures, it is important to check your portions regularly to ensure accuracy.

Carbohydrate counting using the nutrition information panel

Total carbohydrate

- Always look at the total carbohydrate, not just the sugar content.
- It is the total amount of carbohydrate that affects blood glucose levels.

Serving size

- The package serving size may be different from the amount you eat.
- Always measure the amount that you will eat.

Nutrition Information		
Muesli bar		
Servings per package: 1		
Serving size: 35g		
	Per Serve	Per 100g
Energy	501kJ	1430kJ
Protein	3.5g	10g
Fat	0.4g	1g
Saturated fat	0.2g	0.5g
Carbohydrate (total)	25.3g	72.2g
Sugar	7.5g	21.5g
Fibre	3.4g	9.7g
Sodium	185mg	535mg

Per 100g

- The per 100g column can be used if you know the weight of your food.
- Be sure to accurately weigh the amount of food you will eat. Digital kitchen scales are quick and easy to use.
- Work out the carbohydrate based on the weight of the food your child will eat.

Carbohydrate counting – Quick Reference Guides

Cereals	Quantity	Carb (g)
Baby's Rice (Cerelac ®)	1.5 tbsp dry cereal + 60mL water	12.8
Baby Rice Cereal (Farex®)	1 tbsp dry cereal + 2 tbsp water	3.8
Kellogg's® Corn Flakes	¼ cup	7.1
Oats, cooked (made with water)	¼ cup	5.7
Banana milk rusk	1 (8g)	5
Bread, white	1 slice	13.5
Weet-Bix™	1 biscuit (15g)	11.1
Pasta, cooked	½ cup (75g)	21.3
Meat/alternatives	Quantity	Carb (g)
Leg ham, lean	1 slice	0
Lamb loin chop	1 small	0
Fish Finger, grilled	1	4.5
Chicken	¼ breast	0
Egg	1 medium	0
Scrambled	(1 egg+1 tbsp milk +1 tsp butter)	2.9
Tuna, canned, in olive oil	¼ can (24g)	0
Commercial Baby Foods- meat/alternatives	Quantity	Carb (g)
"Heinz ®" Beef & Vegetable Casserole	1 jar (170g)	18.4
"Heinz ®" Creamy Pasta & Tuna Mornay	1 jar (170g)	18.0
"Rafferty's Garden" Spinach, Apple, Broccoli & Pea.	1 pouch (120g)	11.2
"Rafferty's Garden" Chicken, Basil & Tomato Pasta mini meal	1 pouch (120g)	13.6
Additions	Quantity	Carb (g)
Margarine/butter	1 tsp (5g)	0
Cream, double thick	1 tsp	0
Hummus	1 tbsp (20g)	1.2
Olive oil	1 tsp (5ml)	0
Sour cream	1 tbsp (20g)	0.4
Peanut butter, smooth	1 tsp (5g)	0.9

Vegetables	Quantity	Carb (g)
Avocado	1tbsp (20g)	0
Green vegetables	1 tbsp	1.3
Potato, mashed	¼ cup	7
Baked Beans	1 tbsp	2.7
Commercial Baby Foods- vegetables	Quantity	Carb (g)
“Rafferty’s Garden” Sweet Potato, Carrot + Apple	1 pouch (120g)	16.7
“Rafferty’s Garden” Pumpkin + Apple + Sweet corn	1 pouch (120g)	15.3
“Heinz Organic™” Apple, Sweet Potato & Zucchini	1 pouch (120g)	14.9
Fruit	Quantity	Carb (g)
Banana	¼ cup mashed	11.1
“Heinz®” Apple	1 jar (110g)	14.5
Commercial Baby Foods- fruit	Quantity	Carb (g)
“Rafferty’s Garden” Apple, banana + peach	1 pouch (120g)	13.8
“Rafferty’s Garden” Banana + Pear + Mango	1 pouch (90g)	17.9
“Heinz®” Pear and Banana	1 jar (110g)	15.4
Dairy	Quantity	Carb (g)
Petit Miam, fruit salad	70g pouch	6.4
Full Cream Milk	1 tbsp (20ml)	1.3
	½ cup (125ml)	7.9
Full cream powdered milk	1 tbsp (8g)	2.9
Ice- cream, vanilla	1 small scoop (25g)	6
Cheese, regular cheddar	Thin slice (21g)	0.1
	Shredded, 1/4cup	0.2
Babybel®, mini original	20g	<1
Cream cheese, regular	1 tsp (5g)	0.1
Commercial Baby Foods- dairy	Quantity	Carb (g)
“Heinz®” Vanilla Custard	1 jar (110g)	14.6

Carbohydrate reference guides

- Carbohydrate reference guides provide detailed carbohydrate information on foods and drinks and are useful for products that may not have a nutrition information panel.
- Use Australian databases, as carbohydrate data is different across countries.
- There are a variety of carbohydrate reference guides including books, websites, and phone applications. Some useful reference guides include:

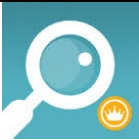



Website

- Calorie King: www.calorieking.com.au

Books

- Alan Borushek's Pocket Calorie, Fat and Carbohydrate Counter
- The Traffic Light Guide to Food- Pocket Size Carbohydrate Counter

Phone applications

	<p>Calorie King Australia</p> <ul style="list-style-type: none"> • Free app, available on iTunes/App store/ Google Play • Search: "calorieking"
	<p>Australian Calorie Counter – Easy Diet Diary</p> <ul style="list-style-type: none"> • Free app, available on iTunes/App store • Search: "easy diet diary" or "Australian calorie counter"
	<p>Australian Carb Counter – Traffic Light Guide to Food</p> <ul style="list-style-type: none"> • \$9.99, available on iTunes/App store/ Google Play • Search "Australian carb counter"
	<p>Carb Counting with Lenny (Australia)</p> <ul style="list-style-type: none"> • Free app, available on iTunes/App store • Search "lenny"

Ask your dietitian about other suitable reference guides.



Tips for using carbohydrate reference guides

- Be sure to choose the correct carbohydrate reference value for the food you will eat. Pay attention to the brand, cooking method, if the food is with or without skin and if it contains a dressing or sauce.
For example, if you are eating a baked potato, ensure you select the baked potato option rather than fresh potato, as this will affect the carbohydrate content of the food
- Once you are confident you have selected the appropriate food option, calculate carbohydrate using the 3-step process you would use for nutrition information panels

Other things to consider:

1.

2.

3.

For further information contact your Dietitian: _____